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Navy and Marine Corps Medical News  
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Stories in MEDNEWS use these abbreviations after a Navy medical professional's name to show affiliation: MC - Medical Corps (physician); DC - Dental Corps; NC - Nurse Corps; MSC - Medical Service Corps (clinicians, researchers and administrative managers). Hospital Corpsmen (HM) and Dental Technician (DT) designators are placed in front of their names.

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Stories

Headline: Naval hospital's staff a "force" to be reckoned with  
By Judith Robertson, Naval Hospital Bremerton

BREMERTON, Wa. - Naval Hospital Bremerton's "Total Force" will be recognized for excellence at a change of command ceremony that will see outgoing Commanding Officer Capt. Gregg Parker, MC, turn over leadership to Capt. Christine Hunter, MC, Oct. 20.

During the ceremony, which will feature the Navy Surgeon General, Vice Admiral Richard A. Nelson, MC, as guest speaker, the hospital will be presented the Meritorious Unit Commendation. This award recognizes the successes of the officers, enlisted personnel, reservists, and civilian employees for the period from Dec. 1, 1996 through Dec. 30, 1999.

"This award recognizes the accomplishment of the whole crew. Each member of the staff contributed to this achievement with hard work and dedication," said hospital Executive Officer

Capt. Dan Snyder.

The Meritorious Unit Commendation is the first award to be presented to the hospital since WWII.

In part, the citation commends Naval Hospital Bremerton for consistently demonstrating "unparalleled success in providing timely, respectful, and compassionate care to the Navy Sailors and their families in Navy Region Northwest. While doing so, the command also excelled in meeting its readiness mission. The obvious desire to excel in meeting the needs of the Fleet, Fleet Marine Force and their families was reflected in the actions of the Total Force assigned to Naval Hospital Bremerton and Fleet Hospital Five."

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Headline: WIC health program expands overseas next year

By Gerry J. Gilmore, American Forces Press Service

WASHINGTON - A government-sponsored supplemental food and health education program available to stateside military families will soon become available to families overseas as well.

The Special Supplement Nutrition Program for Women, Infants and Children, commonly known as WIC, will begin overseas in early 2001, said Roger W. Hartman, a TRICARE health policy analyst.

"We have folks in the military stateside who are using WIC, but then get orders for overseas duty and lose the benefit. That's like taking a cut in pay," he said.

"Congress directed us to make WIC as available to personnel overseas as it is to those in the United States," he said. "We're talking fundamentally about pay and money and making supplemental foods available to people where they are not available now -- and improving the overall health, diet and nutrition of the family members in the process."

The Child Nutrition Act of 1966 authorized WIC. Benefits have been available to military families stationed in the United States and its territories since about 1972, Hartman said. A recent amendment to U.S. Code Title 10 allows DoD to extend the program overseas.

The U.S. Department of Agriculture administers the WIC program in the United States. The program focuses on low-income, pregnant women, new mothers, infants and toddlers, he said. Participants receive vouchers at no charge that can be redeemed for specific food products prescribed by health care professionals. The program also offers nutritional education and health counseling services.

"WIC participants overseas will need to have access to military medical facilities to obtain nutritional screenings and eligibility determinations. They will also need access to a food supply, which overseas will be our military commissaries and Navy exchange markets," Hartman said. While stateside WIC beneficiaries can use food vouchers in any store that will accept them, DoD has no plans to arrange for voucher use in foreign grocery stores, he added.

TRICARE, medical and Defense Commissary Agency officials

will co-manage the overseas WIC program, Hartman said. TRICARE is only a co-manager -- the WIC overseas program is not a new TRICARE benefit, he stressed.

Program benefits will be available to U.S. service members, DoD civilian employees, DoD contractors, and their family members.

Pentagon officials estimate up to 40,000 persons overseas may be eligible to use WIC. Hartman said the program will be implemented in phases:

Phase 1: WIC begins early next year at Yokosuka, Japan (Navy); Okinawa, Japan (Marine Corps and Air Force); Guantanamo Bay, Cuba (Navy); RAF Lakenheath, England (Air Force); and Baumholder, Germany (Army).

Phase 2: WIC should be in place by mid-2001 at all remaining overseas sites served by military medical treatment facilities and commissaries and Navy exchange markets. WIC will be offered at remote overseas locations contingent on suitable medical facilities and commissaries and Navy exchange markets.

For details on the WIC program, eligibility rules, income tables and more, visit the Department of Agriculture at [www.fns.usda.gov/wic](http://www.fns.usda.gov/wic).

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Headline: NH Pensacola offers encouragement to breastfeeding Mom's

From Naval Hospital Pensacola

PENSACOLA, Fla. - Whether they're civilians, military or other members of the Department of Defense family, breastfeeding mothers provide sources of nutrition, nourishment and protection for their babies.

In a positive and encouraging step to assist breastfeeding mother's, Naval Hospital Pensacola has established a Lactation Lounge for mothers working or visiting the medical facility.

The lounge is private, yet has a comfortable, home-like atmosphere complete with rocking chair. It is also available for mothers to pump or express milk for when baby and mom aren't together.

According to Frankie Mims, the hospital's lactation consultant, breastmilk is the best source of nutrition for babies, and it is known to be the first line of immunization to protect against a host of childhood diseases such as ear infections, Diabetes Type 1, allergies, meningitis and lymphoma.

The American Academy of Pediatrics recommends breastfeeding for the first year of life.

Research has also proven that breastfeeding improves the health of the mother by reducing the risk of serious medical conditions such as osteoporosis, ovarian and premenopausal breast cancer.

Historically, the International Labor Organization helped set the standards for mothers' rights in the workplace by providing nursing breaks throughout the workday.

This year, U.S. Rep. Carolyn B. Maloney (D-NY) introduced legislation on the Breastfeeding Promotion and Employers' Tax Incentive Act (HR 3372), which provides tax-free credit for

employers who set up lactation rooms and/or provides equipment for workers. Recent legislation also allows for breastfeeding on all federal properties.

"Employers benefit by creating breastfeeding facilities because healthier infants mean fewer parental absences and lower health care costs," said Mims.

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Headline: NH Cherry Point Sailor recognized by Craven County  
By Sgt. Michael Freeman, Marine Corps Air Station Cherry Point

CHERRY POINT, NC - A Naval Hospital Cherry Point Sailor was recently presented with the Distinguished Women of Craven County Award in a ceremony sponsored by the Craven County Council on Women.

HM3 Gladys D. Jenne was presented the award during a luncheon honoring women who serve the community in one of six different award categories: Arts, Business/Professional, Education, Government, Physical Fitness/Recreation, and Volunteerism.

Jenne said she feels she won the award based largely on her extensive volunteer work. Jenne burns the proverbial candle at both ends by getting involved with numerous charitable programs, including Meals on Wheels, Habitat for Humanity, Big Brothers/Big Sisters of Havelock, the New Bern Cystic Fibrosis Telethon, Toys for Tots and Navy-Marine Corps Relief Society.

She said a supportive workplace and a supportive husband have made balancing her volunteer work with job-related responsibilities possible.

"A lot of people say they don't have time for things like that," said the mother-of-two. "But if they really want to do it, they'll make time."

Jenne, who was also named as the hospital's Junior Sailor of the Quarter earlier this year, said much of her volunteer work is accomplished by sacrificing just a few minutes of her lunch break or time after work.

Her husband, Richard, is the hospital's current Blue Jacket of the Year and donates his time and energy to all the same causes, right down to serving as the vice president of the local chapter of the Junior Enlisted Association, a Navy-wide organization for enlisted service members E-5 and below. His wife, of course, is the president.

"Volunteer work is something we decided to do together. I strongly encourage other service members, especially junior enlisted to do the same," said Jenne.

"It can make a big difference in fitness reports and advancement when you're out there helping the community," said Richard.

Not surprisingly, the Distinguished Women of Craven County Award is not the last opportunity for Jenne to be recognized individually or as part of a team. She is a nominee for the Junior Sailor of the Year, and she and her husband have been nominated as the military family of the quarter.

Awards and recognition aside, Jenne said there is really just one way to explain her involvement in so many different

programs. "It's just my way of trying to help."

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Headline: Video prompts excitement of strategic plan

By Ltjg. Alex G. Montgomery, Naval Hospital Beaufort

BEAUFORT, SC - Command strategic plan presentations rarely garner applause and laughter. But, then again, most presentations don't look like the one unveiled recently at Naval Hospital Beaufort.

During a briefing in the hospital's auditorium, the Executive Steering Board (ESB) presented a 15-minute video production of the hospital's strategic plan. The film featured staff and patients reciting the command's mission, vision, guiding principles, goals and objectives.

Naval Hospital Bremerton's Commanding Officer, Capt. Gary W. Zuckerman, MSC, called the presentation "absolutely top notch" and said it was "designed to capture the attention of the audience."

The video, along with a tri-fold brochure and a number of other initiatives, were part of the ESB's effort to clearly communicate what a strategic plan is, and how it directly relates to all hands. The video will also be incorporated into the hospital's monthly command orientation program.

"What makes the video so impressive, and effective," said Lt. Cmdr. Dale Fuller, MSC, "It's not only the high quality of the production, but also the entertainment aspect of it."

"This video is about our staff and patients teaching the rest of us the strategic plan. A lot of hard work goes into the development of the plan and this time a boring PowerPoint presentation wouldn't do."

The video, which is laced with short music cuts from popular artists, includes high quality graphics and well-choreographed video sequences - some with a humorous touch.

The result was an audience that remained attentive and interested throughout the film.

Fuller, who serves as the command's Chief Information Officer and Director for Administration, said the idea of a strategic plan video has finally become a reality.

"It's something I've wanted to do for a couple of years now," he said.

If you would like a copy of this video for use in your own strategic or annual plan presentation, please contact NHB Public Affairs Officer, Ltjg Alex Montgomery, at 843-228-5433, DSN 335-5433, or via email at [agmontgomery@beaufort.med.navy.mil](mailto:agmontgomery@beaufort.med.navy.mil).

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Headline: TRICARE question and answer

Question: What medications are available through the National Mail Order Pharmacy?

Answer: The NMOP is for prescriptions that you take on a regular basis, such as medication to reduce blood pressure or treat asthma, diabetes, or any long-term health condition. It is not intended to be used for acute medications like antibiotics.

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Headline: Healthwatch: Safety Tips for Trick-or-Treaters  
From Bureau of Medicine and Surgery

WASHINGTON - As Halloween approaches, parents and caregivers should be aware that just like trick-or-treaters, Halloween's hazards to children also come in disguise.

Here are several tips to make trick-or-treating a fun experience:

- Warn children not to eat any treats before an adult has examined them carefully for evidence of tampering.

- When purchasing costumes, masks, beards and wigs, look for the label 'flame resistant'. Although this label does not mean these items won't catch fire, it does indicate the items will resist burning and should extinguish quickly.

- To minimize the risk of contact with candles and other fire sources, avoid costumes made with flimsy materials and outfits with big, baggy sleeves or billowing skirts. - Purchase or make costumes that are light, bright and clearly visible to motorists.

- For greater visibility during dusk and darkness, decorate or trim costumes with reflective tape that will glow in the beam of a car's headlights. Bags or sacks should also be light colored or decorated with reflective tape. Reflective tape is usually available in hardware, bicycle and sporting goods stores.

- Children should carry flashlights to see and easily be seen.

- Costumes should be short enough so that children won't trip and fall. Children should wear well-fitting, sturdy shoes. Mother's high heels are not a good idea for safe walking.

- Tie hats and scarves securely to prevent them from slipping over children's eyes. If your child wears a mask, make sure it fits securely and has eye holes large enough to allow full vision.

- Swords, knives and similar costume accessories should be made of soft, flexible material.

Following these safety tips can help ensure a happy and safe Halloween.

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Comments and ideas for MEDNEWS are welcome. Story Submissions are highly encouraged. Contact MEDNEWS editor, At email: mednews@us.med.navy.mil; telephone 202-762-3218, (dsn) 762, or fax 202-762-3224.

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